

# Senior Health Chats

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SCRIPPS MERCY HOSPITAL CHULA VISTA WELL BEING CENTER

## Healthy Cooking & Eating *Thursday, October 21, 2010*

As we age, our relationship with food changes along with our bodies. Eating well can be the key to staying mentally sharp, emotionally balanced and energetic. Learn how to create a healthy meal, a balanced diet and specific nutritional recommendations for older adults.

This presentation is *Free of Charge*.

*Presented by: Scripps Mercy Hospital Chula Vista Well Being Center*

**10 AM – 11 AM**  
**Congregational Towers**  
288 F Street  
Chula Vista, CA 91910

**1 PM – 2 PM**  
**Hilltop Baptist Church**  
740 Hilltop Drive  
Chula Vista, CA 91910

*For more information please call (619) 862-6600 or 1(800) SCRIPPS*